



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20006, Barley, pearled, cooked

Report Date: June 27, 2017 02:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 3.95 Fat Factor: 8.37 Protein Factor: 3.55 Nitrogen to Protein Conversion Factor: 5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 157g
Proximates					
Water	g	68.80	5	2.514	108.02
Energy	kcal	123	--	--	193
Energy	kJ	515	--	--	809
Protein	g	2.26	4	0.151	3.55
Total lipid (fat)	g	0.44	5	0.058	0.69
Ash	g	0.27	5	0.011	0.42
Carbohydrate, by difference	g	28.22	--	--	44.31
Fiber, total dietary	g	3.8	--	--	6.0
Sugars, total	g	0.28	--	--	0.44
Minerals					
Calcium, Ca	mg	11	4	2.387	17
Iron, Fe	mg	1.33	5	0.331	2.09
Magnesium, Mg	mg	22	5	2.160	35
Phosphorus, P	mg	54	5	2.338	85
Potassium, K	mg	93	5	21.316	146
Sodium, Na	mg	3	1	--	5
Zinc, Zn	mg	0.82	5	0.125	1.29
Copper, Cu	mg	0.105	5	0.032	0.165
Manganese, Mn	mg	0.259	2	--	0.407
Selenium, Se	µg	8.6	--	--	13.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 157g
Thiamin	mg	0.083	4	0.017	0.130
Riboflavin	mg	0.062	3	0.002	0.097
Niacin	mg	2.063	3	0.630	3.239
Pantothenic acid	mg	0.135	3	0.063	0.212
Vitamin B-6	mg	0.115	3	0.032	0.181
Folate, total	µg	16	3	8.849	25
Folic acid	µg	0	--	--	0
Folate, food	µg	16	3	8.849	25
Folate, DFE	µg	16	--	--	25
Choline, total	mg	13.4	--	--	21.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	5	--	--	8
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	7	--	--	11
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	56	--	--	88
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.8	--	--	1.3
Lipids					
Fatty acids, total saturated	g	0.093	--	--	0.146
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.002
14:0	g	0.002	--	--	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 157g
16:0	g	0.079	--	--	0.124
18:0	g	0.003	--	--	0.005
Fatty acids, total monounsaturated	g	0.057	--	--	0.089
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.047	--	--	0.074
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.214	--	--	0.336
18:2 undifferentiated	g	0.193	--	--	0.303
18:3 undifferentiated	g	0.021	--	--	0.033
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.038	--	--	0.060
Threonine	g	0.077	--	--	0.121
Isoleucine	g	0.083	--	--	0.130
Leucine	g	0.154	--	--	0.242
Lysine	g	0.084	--	--	0.132
Methionine	g	0.043	--	--	0.068
Cystine	g	0.050	--	--	0.079
Phenylalanine	g	0.127	--	--	0.199
Tyrosine	g	0.065	--	--	0.102
Valine	g	0.111	--	--	0.174
Arginine	g	0.113	--	--	0.177
Histidine	g	0.051	--	--	0.080
Alanine	g	0.088	--	--	0.138
Aspartic acid	g	0.141	--	--	0.221
Glutamic acid	g	0.591	--	--	0.928
Glycine	g	0.082	--	--	0.129

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 157g
Proline	g	0.269	--	--	0.422
Serine	g	0.095	--	--	0.149
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0